

# Which Upstander are you?

**Q1. Do you spring into action when someone needs help?**

**Yes!** I love jumping in right away.

**Not really!** I am more comfortable assessing the situation first.

**Q2. Are you more likely to give hugs or give a friend a shoutout to the world?**

**I'm more into supporting** a friend with hugs or one-on-one talk.

**Q2. When I meet a new friend, the first thing I do is:**

**Q3. When a friend comes to you with a problem, do you offer advice or lend an ear?**

**I ask questions** to learn about their background, hobbies, likes and dislikes!

**I invite them** to join my friend group, sit with me at lunch, or go to a party together!

**I lend an ear** to make them feel heard and I prefer to give them space to make a decision!

**I offer advice** to help come up with possible solutions. Two heads are better than one!

**I'm a rock** for my friends. I'll be a loud and proud supporter no matter what!

You are...



**Alex the Acceptor**

Like Alex, you accept people for who they are and believe that their differences add to your overall understanding and enjoyment of the world.

You help friends feel accepted so that they are less likely to feel isolated.

You are...



**Inez the Includer**

Like Inez, you want everyone to join the group, get along, and be friends. Your day gets brighter when people come together and everyone is having fun.

By including new people, you are helping to protect them from being alone and singled out by bullies.

You are...



**Luis the Listener**

Like Luis, you are a good listener and ease your friends' troubles by lending an ear. You are the friend that can be counted on to answer your phone or text back.

You believe that being present and allowing a friend to share their troubles is what a good friend does.

You are...



**Hana the Helper**

Like Hana, you enjoy lending a hand because it makes you feel good.

You are optimistic and try to spread positivity and good deeds wherever you go—especially for a friend in need! Spreading kindness is your superpower.

You are...



**Elijah the Encourager**

Like Elijah, you love cheering your friends on!

You like making sure others know they have your support and you're willing to put yourself out there in a vocal way to make sure everyone feels welcome and safe!

